



Return to Training and Rugby – Guidance and Actions required to manage the ongoing COVID-19 Risk - April 2021

As restrictions imposed during the COVID-19 Pandemic begin to ease, we are gradually able to return to what we love most, rugby! However, there are very strict guidelines in place to minimise the risk of COVID infection and ensure we can continue. These guidelines must be strictly adhered to at all times.

Do not under any circumstance attend the Club if you are feeling unwell or have any symptoms of COVID-19. Please follow NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

If you are at higher risk, please do not come to the Club at all for the time being – keep an eye on Government Guidelines.

The management of COVID risk is ever changing – changes that affect you as a member of East London RFC will be announced via our various social media platforms including Face book, WhatsApp and Spond. Any queries should be directed to members of the East London RFC Committee in the first instance.

WHILE AT THE CLUB:

- You must maintain social distancing at all times.
- Facemasks must be worn at all times unless you are exercising.
- There can be absolutely no handshaking or huddles. This includes the times when you are gathering at the Club pre and post training, during training and generally.
- No informal social gathering is permitted at this time.
- You must abide by all guidance and instructions given by ELCSA e.g. one way systems.
- Spectators are not to be actively encouraged at this juncture. Our pitches are in a public park so people can pass by and watch a match, they must maintain distancing rules i.e., in groups of 6 / two households.
- When Changing Rooms are not available you must change into your training kit before coming to the Club.
- Showers will not always be available so please bear this in mind.
- Toilets will be available but can't be used as changing facilities. An attendant will be on duty.
- The Clubhouse bar will not be available but an outside bar facility is available if booked in advance via Alison Davenport.

TRAINING:

- It is not permissible to turn up and train unannounced.
- You must advise Eddie Gooby, Head Coach/ James Adamson, Vixens Coach that you will be attending training. A register (full name and contact number) will be completed and held for 21 days. This is so 'Test and Trace' can be efficiently effected.
- Changing rooms will not be available so you must change into your kit before coming to the Club.
- If the pitches have been marked out in grids, a maximum of 6 players can be in one grid at a time. Changing grids is not permitted under any circumstances.
- If pitches are marked as normal then you must follow distancing and sanitisation guidelines.
- If space allows, distancing to be increased during heavy exertion
- You will be given the kit needed for training and must wipe everything down, including the bag, with antibacterial cleaner before use. At the end of the session the equipment must be wiped down before it is returned to the cabin. Wipes and disposal bags will be provided.
- During training the kit /balls must be regularly wiped and hands sanitised as often as is possible.

TRAVELLING

- You must wear a face covering whilst travelling to/from the Club via public transport <https://tfl.gov.uk/campaign/coronavirus>
- Car sharing between different households is not permitted so please do not offer lifts to your mates at this juncture.

WHAT TO BRING:

- Your own water bottle – the Club will not be providing these.
- Your own hand sanitiser/ antibacterial wipes.
- A towel to wipe sweat from head/face etc.
- Do not bring any valuables. If this is unavoidable, it is at your own risk.

GENERAL HYGIENE:

- Stringent hand washing must be practised
- Do not touch your face/eyes
- You must regularly wipe sweat from your head/face
- You must dispose of used masks, gloves, tape, dressings, towels responsibly i.e., in bin bags and in bins.
- Do not share any drinking vessels or food.
- You must not share any protective equipment such as shoulder pads
- Mouth guards – these should not be removed during training/playing unless absolutely necessary. If you do need to remove it you must wash your hands thoroughly. Do not under any circumstances leave your used shield on shared surfaces.
- You must leave the toilets clean when used and wash your hands thoroughly.
- Physios will be provided with their own, full face masks gloves, sanitisers, plastic aprons, wipes and disposal bags.
- Equipment must not be lent to any other teams/grids under any circumstances.
- The kit cabin must be kept locked at all times

Any player/member found to be not following guidelines will be spoken to by the Head Coach/Team Captains. If they continue to break the rules, they will be asked to leave immediately and may be banned.

BAR FACILITY

With effect from 12/04/2021 an outdoor bar will be available – there will be twelve tables at which 6 people can be seated so 2 tables and 72 seats available. Bookings are for a maximum of 2 hours - staggered starts can be accommodated.

The following draft beers will be available - stella, bud, becks, Camden hells, Camden pale, stella cidre) all other drinks are provided as usual but other formats such as bottled beers may be used instead depending on staffing and demand levels.

To use the bar facility, the following actions must be taken and strictly adhered to:

- 1) Table must be booked in advance -maximum of 6 per table.
- 2) invites for after training drinks will be placed on Spond – ensure you accept or decline the invite so we can ensure accurate and compliant numbers.
(please ensure you have downloaded this App – speak to your team captains to gain access
- 3) The ELRFC Committee Social Secretaries Aoife Farrell and Bill Brown will be coordinating the bookings and arranging table plans.
- 4) Names per table must be provided
- 5) You must provide contact data for track and trace purposes via the QR code or written record – this is held for 21 days and ELCSA reserve the right to refuse people who do not comply

- 6) There is a cap of 2 hrs on table bookings
- 7) You do not have to order food to book a table. Normal opening times apply i.e. no COVID specific curfew in place.
- 8) There must be no movement between tables
- 9) You must remain seated unless taking your seat or visiting the bathroom
- 8) Face masks must be worn at all times unless seated
- 10) You must Order your drinks from the tables only via app or staff
- 11) There is no cash service - contactless payments only
- 12) You must follow the one-way system
- 13) You must leave in small groups to the station

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/restaurants-offering-takeaway-or-delivery#takeaways-2-2>

SHOWERS AND CHANGING ROOMS

We are awaiting final guidance from ELCSA but in the meantime please familiarise yourself with the attached as this is the likely way forward.

[ELRFC COVID 19 Shower use process.pdf](#)

RETURNING TO PLAY

The RFU Issued a Return to Rugby Road map (see link below) we are currently (17/04/2021) at Stage D1 which means that there is some contact but no scrum or maul.

We will move to D2 on 26 April providing there are no UK Government induced changes to rules and this means that some contact may take place under temporary law variations meaning there will be no scrums or mauls. Matches are optional under the Ready4Rugby guidelines and Game on principles. Your coach and senior players will explain more to you at training.

Useful Links:

Return to Rugby Road Map–

<https://www.englandrugby.com/dxdam/1e/1ee3967c-b335-442f-b6fc-a745a69037d2/RETURN%20TO%20RUGBY%20ROAD%20MAP%20D1%202021.pdf?spMailingID=12884382&spUserID=NTc3OTQ5OTg1NTc4S0&spJobID=1732721602&spReportId=MTczMjcyMTYwMgS2>

Return to Rugby Stages D1 and D2

<https://www.englandrugby.com/dxdam/76/76a7b5e3-4e2d-4d91-ae3f-973147a7e5de/STAGE%20D%20Guide%20To%20Activity.pdf>

Ready4Rugby – video link

<https://www.englandrugby.com/search-results?searchBy=ready4Rugby#all>

Ready4rugby

<https://www.englandrugby.com/dxdam/15/1560b3e2-41b7-49d3-9ade-ff11a6a9917c/Ready%204%20Rugby%20-%20Playing%20Guide%202021.pdf>

Game on

<https://www.englandrugby.com/participation/playing/game-on>